

1Cranberry Orange Bars 30

Number of Servings: 30 (37.1 g per serving)

Amount	Measure	Ingredient
1 1/2	cup	Flour, whole wheat
1.00	cup	Sugar, brown, packed
1.00	cup	Cereal, hot, oatmeal, plain, quick, dry
1/2	cup	Wheat, germ, tstd
1.00	tsp	Baking Soda
1/2	cup	Applesauce, unswtnd, w/vit C, cnd
1/2	cup	Margarine, soft, safflower oil
4.00	ea	Eggs, whole, raw, lrg
1/2	cup	Cranberries, dried
1/2	cup	Nuts, walnuts, English, dried, chpd
2.00	Tbs	Orange Peel, fresh, grated
2.00	tsp	Spice, cinnamon, ground

Nutrients per serving

Nutrition Facts	
Serving Size (37g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 3g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

*Liquid egg substitute may be used instead of eggs. Each 4 large eggs = approx 7 1/2 oz

*Raisins can be used instead of cranberries for variation

*Pecans or sunflower kernels can be used instead of walnuts for variation

*Dried orange peel may be substituted for fresh grated orange peel

Each serving = 1 bar = 17 grams carbohydrate = 1 Carb Serving

Each bar = 1 whole grain serving

Preheat oven to 350 degrees F

Each 2 cups + 1 T batter (15 servings) will fit into a 9X13" pan that has been sprayed with nonstick cooking spray.

Beat flour, sugar, oats, wheat germ, soda, applesauce, margarine in mixer until well blended. Add eggs, cranberries, nuts, orange peel and cinnamon. Spread into pan(s).

Bake 15 minutes or until firm to touch. Cool. Cut into 15 bars per 9X13" pan or into number of bars the recipe yields.